

Baltimore City Recreation and Parks
Therapeutic Recreation Division
Farring Bay Brook Recreation Center • 4501 Farring Ct. • Baltimore 21225
410-396-1550

Wheelchair Fitness



Wednesday, Dec. 4

11 a.m. – noon

Farring Baybrook Rec Center

Monday, Dec. 9

6:30 – 7:30 p.m.

Casino Bldg. @ Patterson Park

- This is an introductory class specially designed for people who use a wheelchair/power-chair or have limited range of motion;
- Ages 18 and older;
- Cost: \$5 for either session.
- Based on the interest and number of participants, we will look to begin a weekly class in January 2014.
- Registration deadline: Nov. 22

For further information or to register, please contact Bob Signor at (410) 396-1550 or via e-mail at: Robert.Signor@baltimorecity.gov or visit us at bcrp.baltimorecity.gov.

Also visit us on the Web at facebook.com/recnparks or twitter.com/recnparks to keep up to date on all things Rec and Parks!



Stephanie Rawlings-Blake
Mayor



Ernest W. Barbee, Jr.
Director

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Wheelchair Dance and Fitness

with Sunshine King

Wheel-Power

Wheel-Power is a wonderful program to introduce people with disabilities or limited range of motion to the exciting world of dance and fitness. This program is designed for every one of all ages. It focuses on basic rhythm skills, loco-motor movements, listening skills, creative movement, body consciousness, motivation, and self-esteem. The curriculum includes variations of dance, zumba, zumba Gold, cardio fitness, qi gong, and lots of fun! This class is designed to make the experience of Wheel-Power -Wheelchair Dance and Fitness an exciting learning experience in a comfortable setting!

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